

July 2014

Community Health Resource Center

To schedule a class or for more information call: (573) 596-0491/0518. All classes are held in Room # 111 unless otherwise indicated. Call us for your annual training needs: Self-Care/Tobacco Cessation /STD

How to get a Self-Care Card: go to <http://glwach.amedd.army.mil>: click self-care under “hot topics”

Informed Childbirth classes are held in MEDDAC CLASSROOM, Room # 156

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>July's Health Focus: Ultraviolet Safety (Solar Plunge)</i>		1 PPPT ED./0730 Tobacco 8-10 Informed Childbirth #1/1730-1930 Labor/Breathing	2 PMD Meeting 1300-1500	3 Clinic Closed 1130-1630	4 Holiday Clinic Closed	5
6	7	8 Change of Command 0800-1030	9	10 Informed Child- Birth #2 Infant Safety Infant CPR 1730-1930	11 Diabetes Mgt. 0800-1200 Gestational Diab. 1300-1400	12
13	14	15 PPPT Education 0730-0830	16	17 Informed Child- Birth #3/1730-1930 Breastfeeding Breast Pumping Bottle feeding	18 Asthma 0800-1000	19
20 <i>Self-Care Class Take- on-Line @ above website</i>	21	22 PPPT Education 0730-0830 Tobacco Cessation 1200-1400	23	24 Informed Child- birth #4/1730-1930 Infant Wellness	25	26
27 <i>Pregnant? Need your car seat inspected? Call: 596-0491</i>	28	29 PPPT Education 0730-0830	30	31		